



City of Gaithersburg Press Release

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For Immediate Release

Move, Play and Grow with Spring Recreation Classes Registration Now Open

Gaithersburg, MD – (March 12, 2019) Registration is now open for dozens of spring classes and activities designed to get you moving, keep you thinking, and enjoy shared experiences. You'll find a complete listing in the latest edition of [Go! Gaithersburg](#), the City's comprehensive guide to recreation classes, facility information, cultural arts, and other activities, available online at www.gaithersburgmd.gov and at all City facilities.

With programs for preschoolers, youth, teens, and adults, you'll discover an array of fitness, dance, aquatics, and special interest classes. Partnering with the Academy of Fine Arts, the City's offerings include pre-K and youth classes in Kidzrock, Group Piano, and Theater conducted by acting and music professionals who will inspire young budding performers. Pommies and Signature Poms roll together dance, team sports and fitness into dynamic, confidence building classes. Young naturalists can participate in fruit and vegetable gardening with Little Sprouts Gardening Club and Gardening Buds. Soul Line Dance is a dance-based fitness class appropriate for anyone who likes to shake their groove thing. Yoga Movement and Meditation, geared towards those new to mind-body practices, explores fundamental body positions and transitions, Yoga philosophy, and meditative practices.

Keep your workouts going at the [Fitness Zone](#) at the Activity Center at Bohrer Park and at the [Fitness Center at the Benjamin Gaither Center](#) for those 55 and older.

Art classes and workshops for children and adults, including painting, drawing, glass fusing, and art history, are offered at the Arts Barn, Gaithersburg's premiere cultural arts facility. Registration for these classes is ongoing and takes place year 'round.

The Go! Gaithersburg Guide also includes a listing of facilities available to rent for birthday parties and other social occasions, a schedule of upcoming cultural arts programs and special events, after school opportunities for students, and information about the City's Skate Park, Miniature Golf Park, and Aquatic and Recreation Centers.

The Go! Gaithersburg Guide is a publication of the Gaithersburg Department of Parks, Recreation and Culture. It is printed four times a year, in August, December, March, and May. For a list of classes, dates and times and

to register online, visit www.gaithersburgmd.gov/recxpress. Sign up for our newsletter on the City's [website](#) and follow us on Facebook [@GaithersburgRecreation](#). For more information, call 301-258-6350.

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